

Spotlight Holiday Edition

November/December 2020



City of Los Altos Recreation & Community Services
Adult 50+ Program
(650) 947-2797
www.losaltosca.gov/recreation/page/adult-50+program



We are delighted and excited to share that October 29th marks the 6th anniversary of the Grant Park Senior Program!

Congratulations to the Volunteers and Participants who have helped to make this program a staple in the Community!



Community Center Sneak Peek– Coming Soon

This month, we're excited to bring you a live look into our new Community Center. Join Mayor Pepper, the Community Center taskforce, and many more as they take you behind-the-scenes and detail the progress thus far. Opening in 2021, the Community Center is truly in the heart of Los Altos, a place where each resident can gather and recreate. Our new Community Center will offer seniors more experiences and opportunities than ever before.

Tune in on Sunday, November 29 at 2PM on Facebook to see what all the excitement is about.



PAGE 1

Join Us for these
Online Special Events.
Call 650-947-2797 to sign-up



**Mah Jongg Online
Social**

Wednesday, November 04 @ 12:00 PM



**Monkey Toys Online
Social**

Thursday, November 12 @ 11:00 AM



**Foreign Affairs Online
Social**

Friday, December 04 @ 11:00 AM



**Thankful Thanksgiving
Online Social**

Thursday, November 19 @ 11:00 AM

Giveaway Time!!



SPONSOR

Event sponsored by Los Altos Community
Foundation and City of Los Altos
Recreation and Community Services.

**We at the Adult 50+ Program thank
Los Altos Community Foundation for
their support!**



Join Us for these
Online Special Events.

Conversation Group Online Social with Jack

Monday, December 07 @ 11:00 AM



Creative Holiday Sweater Online Social

Wednesday, December 09 @ 11:00 AM



Name that Holiday Tune Online Event

Friday, December 18 @ 11:00 AM

Once Again By Popular
Demand!!!

Phil Ackerly Online Zoom Magic Show

Tuesday, December 15
@11AM



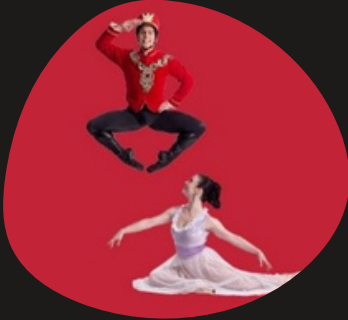
SPONSOR

Event sponsored by Los Altos Community
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We at the Adult 50+ Program thank
Los Altos Community Foundation for
their support!

Coming Soon in December!!
Cable TV, Channel 15
 Stay tuned for upcoming schedule

Diablo Ballet



Diablo Ballet kicks off its 27th Season with Julia Adam's The Nutcracker Suite. Filmed live and streamed virtually -- A twist on the holiday classic, the Diablo family and daughter Clara check into the Fairmont Hotel on Christmas Eve. Capturing the magic of the holidays, this ballet is sure to delight.

Visit: DiabloBallet.org

Diablo Ballet is an award-winning, internationally recognized, professional dance company committed to enriching, inspiring, and educating children and adults through the art of dance.

Peninsula Symphony



Peninsula Symphony is honored to bring you a special selection of music for your enjoyment on New Year's Eve. This 30 minute program featuring a variety of classical ensemble pieces will help you reflect and ring in 2021.

Performed and recorded by our wonderful musicians, please enjoy a world of classical music from our homes to yours. Happy New Year!

Orchestra

TACO (the Terrible Adult Chamber Orchestra, based in Los Altos and drawing musicians from all over the South Bay) will play holiday favorites for you to enjoy. Share the time with your friends and family, sing-along to 10 traditional Christmas tunes. Individual Christmas songs will be shown during the month of December and all 10 songs will be shared on Christmas Eve. If you want to sing along, we can provide a pdf file of the lyrics for you to sing along. Musicians of TACO playing in this virtual orchestra concert; Video editing by students from the MVLA Freestyle Academy; Conducted by TACOSV Music Director Cathy Humphers Smith.



-Santa Claus is Coming to Town
 -God Rest Ye Merry Gentlemen
 -Away in a Manger
 -Deck the Halls
 -The First Noel
 -Here we Come a Caroling
 -It Came Upon the Midnight Clear
 -Joy to the World
 -Silver Bells and
 -Rudolph the Red-Nosed Reindeer.

Author

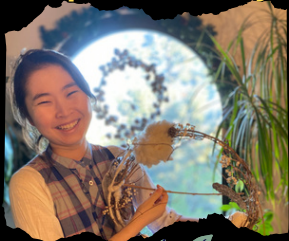


Actress, Blogger and Content Creator, Erin Wiley Sands is the author of The Dunes. Illuminated in seven revelations, The Dunes calls upon you, the reader, to examine your fears, your beliefs and ultimately your level of faith. Each revelation contains a series of soul-searching journal questions and a challenge for the reader. As the journal questions usher the reader into a sacred "moment of truth", the revelation challenge then encourages the reader to step out of their comfort zone and put this new-found truth into practice.

Flower Arrangement at Home

Learn free-form flower-arranging, from professional flower designer, Mitsuka Kiyohara! She will cover flower prep, choosing the correct flowers, and flower arranger inside tips. You will learn how to confidently make a beautiful arrangement using precious preserved flowers.

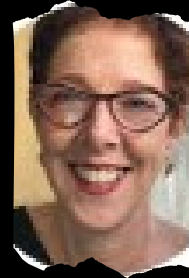
While enjoying creating winter's flower basket, you will learn arrangement tips and tricks to create an art piece worthy of hanging in your home.



The goal of the class is for you to have fun, learn a new skill, and express your creativity. We won't be using any scientific or technical language. The class is open to all levels.



Yoga Practice



Please join Anne Bain who has studied at the Guru's Shala for a Ashtanga style yoga practice in December. We will begin with a brief discussion on the practice, and then work together on modified poses from the Ashtanga Primary Series.

Meditation



EMAIL: vijaydhir59@gmail.com
650-305-6776



Vijay Dhir is a certified Yoga teacher by the Govt. of India. He has been practicing and teaching Yoga internationally for nearly 20 years.

Vijay is also an acupressure and naturopathy practitioner and has been teaching Yoga, as a volunteer, at the Los Altos Adult 50+ center since 2019.

French Cooking



Marion and Dalia Querenet, a mother and a daughter from Paris, France, will introduce you to some Quick & Easy tasty French cooking, as they cook a full dinner with tips, tricks, and variations to enhance your experience. Marion has been a French cooking instructor for 10 years, after training at the Cordon Bleu in Paris.

Le Menu

- Asparagus terrine
- Chicken cooked in beer with 2 variations
 - Winter Chicken
 - Tagine the French way
- Baked potatoes, Parisian style
- couscous
- Chocolate mousse
- Baked apples

Naturopathic cooking



Naturopathic cooking with Michelle and Fara Parsons

Based on the idea that healthy living starts in your kitchen and with the right ingredients. With the right balance and combination of ingredients using simple ingredients, simple methods, and ancient ideas to heal the body and mind.

December Cable TV, Channel 15

Stay tuned for upcoming schedule

Sanika Bidarkar:

Hi, my name is Sanika Bidarkar, I'm 14 years old and I am a freshman in Fremont high school. I have been writing poetry for 6 years now, and I really love it! It allows me to put all my thoughts and ideas in a creative way onto paper and it is really relaxing. I have had one of my poems published in the America Library of Poetry's 2019 book "Illustrious", I have won first place in the Middle School section, for EDRC's Be-you-tiful, Be Free 2020 Contest and I am in the process of publishing my first book. I hope to continue to share more of my poems with the world!



Ryan Wang, 14 years old, is a freshman at Los Altos High School. He began to take piano lessons when he was almost 5 years old. He currently studies with Professor Hans Boepple. Ryan was awarded Outstanding Gold Medalist and won 1st place in the US Open Music Competition showcase piano solo, 2nd place in the United States International Music Competition, and 3rd place in the San Jose International Piano Competition. In 2018, Ryan won first prize in the SF Chopin piano competition, first place alternate in MTAC piano concerto competition, and as a soloist, he performed with Golden State Youth Orchestra. Last year he also performed in the Junior Bach Festival and was a soloist with the Palo Alto Philharmonic Orchestra. This year, he was the winner in the Marilyn Mindell competition and was the first alternate in the MTAC piano solo competition. Besides love of music, he enjoys math and outdoor sports.



Xinran Shi, 11 years old, is a 6th grader in Miller Middle School, San Jose, CA. She began piano lessons at age 4 1/2, and she currently studies with Hans Boepple. She is a 2020-2022 Young Scholar of Lang Lang International Music Foundation. She won numerous top prizes in International, national and regional piano competitions. In the 2020 summer, she gave her first solo recital live online, performed in the showcase of Aspen Virtual Music Festival, and other virtual music events. She would like to share her joy and energy through music in this global pandemic. Besides playing piano, she loves dancing, reading, drawing and swimming.

The Los Altos Youth Theatre will present a 30 minute real from The Drowsy Chaperone. The new Associate Artistic Director, Gary Ferguson, a former New York Rockette, will feature a LAYT Rockette performance premiering on the Cable TV Program .



NOVEMBER-2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 09:15-10:00-Vijay Meditation 10:00-11:00-Lori Chair Pilates 11:00-Jack Conversation Group	03 10:30-11:30-Kathleen Tai Chi for Health 01:00-02:00-Rich Line Dancing	04 09:15-10:00-Vijay Meditation 09:30-Lenora ArtVenturers 10:30-11:30-Kathleen Tai Chi for Health 12:00-Mah Jongg online Social.	05	06
09 09:15-10:00-Vijay Meditation 10:00-11:00-Lori Chair Pilates 11:00-Jack Conversation Group	10 10:30-11:30-Kathleen Tai Chi for Health 01:00-02:00-Rich Line Dancing 01:00 - 03:00-Ellen Tech Tutor (appt) 01:00-4:00-Nancy HICAP (appt)	11 HOLIDAY	12 11:00-Monkey Toys online Social. 01:00 - 03:00-Ellen Tech Tutor (appt)	13
16 09:15-10:00-Vijay Meditation 10:00-11:00-Lori Chair Pilates 11:00-Jack Conversation Group	17 10:00-12:00-Roy HICAP (appt) 10:30-11:30-Kathleen Tai Chi for Health 01:00-02:00-Rich Line Dancing 01:00 - 03:00-Ellen Tech Tutor (appt) 01:00-4:00-Nancy HICAP (appt)	18 09:15-10:00-Vijay Meditation 09:30-Lenora ArtVenturers 10:30-11:30-Kathleen Tai Chi for Health 01:00-Janet Book Club	19 11:00-Thankful Thanksgiving online Social Giveaway Time!  01:00 - 03:00-Ellen Tech Tutor (appt)	20
23 09:15-10:00-Vijay Meditation 11:00-Jack Conversation Group	24 10:30-11:30-Kathleen Tai Chi for Health 01:00-02:00-Rich Line Dancing	25 09:15-10:00-Vijay Meditation 09:30-Lenora ArtVenturers 10:30-11:30-Kathleen Tai Chi for Health	26  Happy Thanksgiving Wishes for Everyone 	27
30 09:15-10:00-Vijay Meditation 10:00-11:00-Lori Chair Pilates 11:00-Jack Conversation Group	Legend  Free Based Classes  Free Classes  Call for appointment  Special Activities and Events-Free **NOTE:** Calendars are not a comprehensive listing of all programs *Schedule subject to change*			

DECEMBER-2020

Schedule subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01 10:30-11:30-Kathleen Tai Chi for Health 01:00-02:00-Rich Line Dancing 01:00-4:00-Nancy HICAP (appt)	02 09:15-10:00-Vijay Meditation 09:30-Lenora ArtVenturers 10:30-11:30-Kathleen Tai Chi for Health	03	04 11:00-Foreign Affairs Zoom Social
07 09:15-10:00-Vijay Meditation 10:00-11:00-Lori Chair Pilates 11:00-Jack Conversation Group Online Social 03:30-(virtual)Senior Commission Meeting	08 10:30-11:30-Kathleen Tai Chi for Health 01:00-02:00-Rich Line Dancing 01:00 - 03:00-Ellen Tech Tutor (appt)	09 09:15-10:00-Vijay Meditation 09:30-Lenora ArtVenturers 10:30-11:30-Kathleen Tai Chi for Health 11:00-Creative Holiday Sweater  Online Social	10 01:00 - 03:00-Ellen Tech Tutor (appt)	11
14 09:15-10:00-Vijay Meditation 11:00-Jack Conversation Group	15 10:00-12:00-Roy HICAP (appt) 11:00-Phil Ackerly Magic Show Zoom  Event 01:00 - 03:00-Ellen Tech Tutor (appt) 01:00-4:00-Nancy HICAP (appt)	16 09:15-10:00-Vijay Meditation 09:30-Lenora ArtVenturers 01:00-Janet Book Club	17 01:00 - 03:00-Ellen Tech Tutor(appt)	18 11:00-  Name that Holiday Tune Zoom Social
21 09:15-10:00-Vijay Meditation 11:00-Jack Conversation Group	22 01:00-02:00-Rich Line Dancing 01:00 - 03:00-Ellen Tech Tutor (appt)	23 09:15-10:00-Vijay Meditation 09:30-Lenora ArtVenturers	24	Happy Holidays 
28 09:15-10:00-Vijay Meditation 11:00-Jack Conversation Group	29 01:00-02:00-Rich Line Dancing	30 09:15-10:00-Vijay Meditation 09:30-Lenora ArtVenturers	31 Let's Celebrate! HAPPY NEW YEAR	



Register for class [online](#)

Call (650) 947-2797 for assistance with online registration
A Zoom link will be sent by email to all participants upon sign-up.

****See Disclaimer and Class Liability Waiver-page 12**

ONLINE FEE-BASED CLASSES

Tai Chi For Health

EXERCISES TO OPEN THE JOINTS, RELAX THE MUSCLES
AND TENDONS TO INCREASE MOBILITY AND STABILITY.

Instructor: **Kathleen McCarty**
Tuesdays 10:30 AM - 11:30 AM
September 21 - December 08
\$129 members/\$154 non-members
Activity code: 223060-01



Instructor: **Kathleen McCarty**
Wednesdays 10:30 AM - 11:30 AM
September 23 - December 09
\$129 members/\$154 non-members
No Class: November 11th
Activity code: 223060-02

Line Dancing

ENJOY LIVE VIDEO LINE DANCE INSTRUCTION

Instructor: **Rich Campbell**
Tuesdays 01:00 PM - 02:00 PM
November 03 - December 08
\$35 members/\$41 non-members
Activity code: 645511-93



Instructor: **Rich Campbell**
Tuesdays 01:00 PM - 02:00 PM
December 22 - January 05
\$20 members/\$23 non-members
Activity code: 645511-94

ONLINE FREE CLASSES-Register for class [online](#)

Meditation

WHAT IS MEDITATION? WHEN AND HOW TO MEDITATE.
ITS PHYSICAL, MENTAL, AND SPIRITUAL BENEFITS.

THIS IS A SIT-DOWN ACTIVITY. SITTING IN A
COMFORTABLE AND STABLE CHAIR IS THE KEY.

Volunteer Instructor: **Vijay Dhir**
Email: vijaydhir59@gmail.com
Mondays, Wednesdays 09:15AM - 10:00 AM
September 14 - December 30
Free
No class: November 11th
Activity code: 223265-01



**Coming soon in December on
Cable TV, Channel 15**

Chair Pilates

EXPERIENCE A WELL-DESIGNED PROGRAM TO INCREASE
CORE STRENGTH AND FLEXIBILITY AS WELL AS
OPPORTUNITIES TO EXPLORE AGILITY AND BALANCE.

CLASS IS TAUGHT IN A CHAIR WITH SOME ASSISTED
STANDING POSES DEPENDING ON INDIVIDUAL NEEDS.
BREATH WORK AND MEDITATION ARE INCLUDED.

Volunteer Instructor: **Lori Robbins**
Mondays 10:00 AM - 11:00 AM
September 21 - December 07
Free
No class: October 12th
Activity code: 223070-01



Things you will need

- Sturdy chair without arms
- Yoga mat for under chair
- Two tennis balls
- Yoga strap or long tie
- Yoga block or thick book
- 8" Gertie ball or similar

ONLINE & OTHER ACTIVITIES

History Museum Reopens

Los Altos History Museum opens its indoor main gallery to visitors for the first time since March, with an expanded version of its exhibition, **"Rise Up! The Fight for Women's Suffrage,"** beginning October 15.

The exhibition and the lobby gift shop will be open **Fri-Sun, 12pm - 4pm**
Special hours reserved for seniors/vulnerable visitors on **Thursdays, 12pm - 4pm.**



ARTVENTURERS

See what ArtVenturers have been up to here:

<http://caartventurers.blogspot.com/>

Wednesdays at 09:30 AM

Email Lenora at Lenora.Valainis@gmail.com for the Zoom link

BOOK CLUB

Book club is having online Zoom meetings

Every 3rd Wednesday at 01:00 PM


Email **Janet Harp** at jharpca@comcast.net to join



CONVERSATION GROUP

Discussion with Jack via Zoom

Mondays at 11:00 AM

 Call for more information

DANCE EXERCISE

For a list of Dance exercise videos that you can download:

Email **Bob Enenstein** at doctore02@yahoo.com

**** See disclaimer -page 12**



Resource & Services-Appointments required

TECHNOLOGY RESOURCE TUTOR


Tech Tutor with **Ellen**, via Zoom or Phone.

Tuesdays, Thursdays 01:00 PM - 03:00 PM

1 on 1 appointments for all your tech needs.

Popular topics include Zoom, iPhone, Ride Share Apps like Lyft & Uber, Facebook and more....

Or if you would like to just chat and have a virtual tea time session with Ellen!

 Sign-up for one hour session by calling us at **(650) 947-2797**



HICAP

Long-Term consultation(**Roy**) **10:00 AM - 12:00 PM**

Regular consultation(**Nancy**) **01:00 PM - 03:00 PM**

Phone appointments offered every **3rd Tuesday.**

Sourcewise Health Insurance Counseling and Advocacy Program (HICAP) continues to provide phone counseling to assist with your Medicare questions and concerns.

 **Call Sourcewise at (408) 350-3200, Option 2**

Please leave a detailed message and someone from Sourcewise will contact you to schedule an appointment.

Medicare Open Enrollment ends December 07th [click here for details](#)

CSA Senior Services Program

(Community Services Agency)

CSA is a non-profit organization that offers Senior Case Management.

Community Services Agency (CSA) has been providing vital social services for residents of Mountain View, Los Altos, and Los Altos Hills since 1957. CSA provides a safety net so that independence and self-sufficiency can be restored and maintained.

📞 Call (650) 810-2237 or [click here](#)



Helping Hands

Volunteers run errands in your community during COVID-19.

📞 Call Rachael at (408) 540-4592 or [click here](#)

ON DEMAND RIDE REIMBURSEMENT PROGRAM

The City of Los Altos provides a ride reimbursement program for senior members of the Recreation & Community Services 50+ Program. This is a program that was created to aid local seniors in becoming more mobile within the Los Altos community.

-Rides must begin and end within the City of Los Altos, Town of Los Altos Hills, and/or include the following destinations:

El Camino Hospital Complex including North Dr., South Dr., Hospital Dr., and Solace Pl.

Kaiser Mountain View (555 Castro St.)

Palo Alto Medical Foundation in Palo Alto and Mountain View.

Palo Alto VA Hospital and all VA associated facilities located on Miranda Ave. and Loop Road.

Stanford Hospital and associated facilities on Jordan, Pasteur, and Blake Wilber.

-You must use an on-demand ride company that can provide official verification of ride cost and transportation start and finish points.

[Visit the online page for additional requirements](#) [click here](#)

RoadRunners Transportation Service

This service is provided El Camino Hospital Auxiliary volunteers. Transportation is provided to and from [medical appointments, banks and grocery stores](#) within a 10 mile radius from El Camino Hospital in Mountain View. Roadrunners can schedule your rides with LYFT if they are full.

The office is open Monday-Friday, **07:00 AM -04:30 PM**. The last RoadRunners ride is **03:30 PM**.

📞 Call (650) 940-7016 or [click here](#)

TAX CONSULTATION

One day a month in Palo Alto. Call Robert Ward during business hours M-F for details

📞 (650)-520-0350

****Disclaimer**

Individuals should consult their physician before starting any exercise program or changing their diet to limit the risk of injury. Choosing to participate in the activities listed or referenced in the Spotlight is of your own accord and the City of Los Altos is not liable for any injury that may be associated with participation.

****Class Liability Waiver**

I hereby give my permission for his/her participation as indicated & in so doing absolve the City of Los Altos, its employees & officers from such liability. In addition, I agree to allow use of my/our photograph for program publicity. I have read & understand the City of Los Altos Recreation & Community Services Department refund policy. Furthermore, reservation of a place in a class or program does not constitute any form of guarantee by the City of Los Altos that the class or program will take place. The City of Los Altos reserves the right to cancel any program or class at any time for any reason, at its sole discretion. Money paid in advance for any class or program that is canceled by the City of Los Altos will be refunded in full.

Refund and transfer requests must be submitted in writing up to the day prior to the second class meeting. All refunds will be charged a \$20 service fee. Email your refund and transfer request to info@losaltosrecreation.org. No refunds or transfers will be given after the day prior to the second class meeting.

Adult 50+ Program

Senior Connection Hotline

Recreation & Community Services staff members are ready to assist seniors (50+) of the Los Altos and Los Altos Hills communities with COVID-19 updates as well as referrals, resources, and information about what services are available while being safe at home.

Staff members are available Monday through Friday from **09:00 AM - 01:00 PM**

 Call **(650) 947-2797** to get connected!

Adult 50+ Program: www.losaltosca.gov/recreation/page/adult-50-program

Register for classes online: <https://www.losaltosca.gov/recreation/page/view-all-classes-0>

CLICK HERE 

THE CITY HAS CONNECTED WITH A VARIETY OF ORGANIZATIONS AS WE WORK
TOGETHER TO STRENGTHEN OUR COMMUNITY

City of Los Altos

Community Connection Hotline

Recreation & Community Services staff members are ready to assist members of the Los Altos and Los Altos Hills communities with COVID-19 updates as well as referrals, resources, and information about what services are available while being safe at home.

Staff members are available Monday through Friday from **08:00 AM - 05:00 PM**

 Call **(650) 947-2790** to get connected!

COVID-19 Resource Page: www.losaltosca.gov/citymanager/page/covid-19-resource-page

Virtual Recreation Center: www.losaltosca.gov/recreation/page/virtual-recreation-center

Los Altos Hills

The Town developed Virtual Recreation Resources during this unprecedented time: www.losaltoshills.ca.gov/vrr
This is your place for fun, education, and resources. This page will be updated with shelter order approved recreation ideas to keep you and your family healthy, entertained, and informed. If you have other ideas or resources that you would like to share with the community, submit them to srobustelli@losaltoshills.ca.gov

Town Emergency Response Plan during COVID-19: www.losaltoshills.ca.gov/496/COVID-19-Response-Plan

Virtual Recreation Resources: www.losaltoshills.ca.gov/499/Virtual-Recreation-Resources

Fall/Winter Activity Guide: <http://losaltoshills.ca.gov/202/Activity-Guide>

Although our offices are closed, we are continuing to serve the public remotely. Feel free to call or email the City for questions as many services have been modified. We thank the community for their cooperation and understanding. We can slow the spread of COVID-19 when we work together.

For more information on COVID-19, call 211 or text 'coronavirus' to 211211.

Looking to donate or volunteer? Please visit <https://www.csacares.org>



We Create Community Through People, Parks and Programs



Los Altos Adult 50+ Program
City of Los Altos
1 North San Antonio Road
Los Altos, CA 94022

Change Service Requested



Email: recreation@losaltosca.gov

SPOTLIGHT NEWSLETTER

Los Altos Adult 50+ Program

